WHAT IS CLAIMED IS:

1. A composition consisting essentially of a pharmaceutically effective amount of at least one chromium complex and a pharmaceutically effective amount of alpha-lipoic acid.

2. The composition of claim 1, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromium nicotinate, chromic tripicolinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

3. The composition of claim 1, wherein said composition is incorporated into a pharmaceutically effective carrier.

4. The composition of claim 3, wherein said pharmaceutically effective carrier is selected from the group consisting of a tablet, capsule, microbead, emulsion, powder, granule, suspension, syrup and elixir.

5. The composition of claim 4, wherein said microbead is a sugar beadlet or microcrystalline cellulose beadlet and said at least one chromium complex and said alpha-lipoic acid are coated on said beadlet.

6. The composition of claim 4, wherein said tablet, capsule, or microbead is coated with an enteric coating.

7. The composition of claim 1, wherein said chromium complex and said alpha-lipoic acid are in a ratio of between about 1:25 to 1:1000 (w/w).

8. A composition consisting essentially of a pharmaceutically effective amount of at least one chromium complex, a pharmaceutically effective amount of alpha-lipoic acid, and a chelating agent.

9. The composition of claim 8, wherein said chelating agent is picolinic acid, nicotinic acid, or both.

10. A composition consisting essentially of a pharmaceutically effective amount of at least one chromium complex, a pharmaceutically effective amount of alpha-lipoic acid, and at least one of a cyclooxygenase inhibitor, a mucolytic, and a salicin-containing herb.

11. The composition of claim 10, wherein said cyclooxygenase inhibitor is selected from the group consisting of indomethacin, ibuprofen, acetaminophen, and naproxen.

12. The composition of claim 10, wherein said salicin-containing herb is selected from the group consisting of *Boswellia serrata* (frankincense), *Betula lenta* (sweet birch), *Betula pubescens* (white birch), *Filipendula ulmaria* (meadowsweet), *Gautheria procumbens* (wintergreens), *Polulus balsamifera*, *Populus jackii* (balm of Gilead) and *Salix alba* (white willow).

13. The composition of claim 10, wherein said mucolytic is guaifenesin.

14. A method of improving insulin sensitivity in a subject in need thereof comprising:

identifying a subject suffering from insulin insensitivity; and

administering to said subject a composition consisting essentially of a pharmaceutically effective dose of alpha-lipoic acid and a pharmaceutically effective dose of at least one chromium complex selected from the group consisting of chromium picolinate, chromium nicotinate, chromic tripicolinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

15. The method of claim 14, further comprising administering at least one uncomplexed chelating agent.

16. The method of claim 15, wherein said chelating agent is picolinic acid, nicotinic acid, or both.

17. The method of claim 14, further comprising administering at least one of a cyclooxygenase inhibitor, a mucolytic, and a salicin-containing herb.

18. The method of claim 17, wherein said at least one cyclooxygenase inhibitor is selected from the group consisting of indomethacin, ibuprofen, acetaminophen, and naproxen.

19. The method of claim 17, wherein said salicin-containing herb is selected from the group consisting of *Boswellia serrata* (frankincense), *Betula lenta* (sweet birch), *Betula pubescens* (white birch), *Filipendula ulmaria* (meadowsweet), *Gautheria procumbens* (wintergreens), *Polulus balsamifera*, *Populus jackii* (balm of Gilead) and *Salix alba* (white willow).

20. The method of claim 17, wherein said mucolytic is guaifenesin.

21. A method of reducing hyperglycemia in a subject in need thereof comprising:

identifying a subject suffering from hyperglycemia; and

administering to said subject a composition consisting essentially of a pharmaceutically effective dose of alpha-lipoic acid and a pharmaceutically effective dose of at least one chromium complex selected from the group consisting of chromium picolinate, chromium nicotinate, chromic tripicolinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

22. The method of claim 21, further comprising administering a chelating agent.

23. The method of claim 22, wherein said chelating agent is picolinic acid, nicotinic acid, or both.

24. A method of reducing hypercholesterolemia in a subject in need thereof comprising:

identifying a subject suffering from hypercholesterolemia; and

administering to said subject a composition consisting essentially of a pharmaceutically effective dose of alpha-lipoic acid and a pharmaceutically effective dose of at least one chromium complex selected from the group consisting of chromium picolinate, chromium nicotinate, chromic tripicolinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

25. The method of claim 24, further comprising administering a chelating agent.

26. The method of claim 25, wherein said chelating agent is picolinic acid, nicotinic acid, or both.